

1. According to my calculation of the total daily calories, I should be eating 1924 calories. However, based on the calculation of each day for five days, I am eating less calories than I should be for all five days of the experiment. On September 16, I ate 1583.3 calories; on September 17, 1559.5 calories; on September 18, 1665 calories, on September 19, 1597.6 calories; on September 20, 752.8 calories. I think the my food diary is not an accurate representation of what I would normally eat. Although I did not change my diet during the five day period, I did not record down everything that I ate because I thought it was a hassle to record down a piece of gum or candy, or I simply forgot that I ate them. Thus, my data became inaccurate. The major error, I think, was that I mainly eat Asian foods, and sometimes, it is difficult to find the nutrients and calories that they have. For instance, the hotpot, was not accurately recorded because I could not find how much calories and nutrients it has. In the end, I estimated of how much meats and vegetables I ate, and left out the nutrients and calories of the soup base. I ended up only eating about 752 calories on that day. Another one of the error is that I recorded the wrong serving size for some of the foods I ate because I simply estimated the portion of the foods, instead of accurately measuring them.

2. According to the Body Mass Index handout, my BMI value of 22 is a good range. It means that my weight should not cause any health issue.

3. My activity level is 40%. I chose this number because I usually do not do any strenuous activity, such as a sport, except on Sunday, and maybe on Monday. On Monday, I have band rehearsal, which is from 4 P.M. to 6 P.M., and during that time, we march around the track or practice our field show while playing. I was not sure if band rehearsal would constitute a strenuous activity because we simply march around the field. On Sunday, sometimes I would go play badminton with my friends from around 4 P.M. to 7 P.M. Usually, however, I would simply just walk to my classes, and walk home.

4. My average caloric intake over the five day period is about 1431.6 calories, which is less than the total daily calories of 1924 calories I should be having. As a result, I am losing weight because I am eating less. During my recent visit to my doctor, I discovered that I have lost about four pounds in one year.
5. My percentages of the nutrients are around the level I should be consuming daily. Over the five day period, my average percentage of carbohydrates that I consumed is 49.52%, my average percentage of fats is 26.7%, and my average percentage of proteins is 20.68%. I am eating everything correctly, however, I think I should be consuming a bit more proteins because my average percentage is on the borderline of how much I should be eating.
6. According to the American food pyramid, I am not eating the right amount in the vegetable, milk, fruit, and meat and beans category. The only category I am eating the right amount in is grains. I need to eat about 200 more grams of vegetables, 46 more grams of meat and beans, 473 more grams of fruit, and drink 285 more mL of milk.
7. My water intake, on average of five days, is 2220 mL. It is a bit more than the level of water I should consume daily (1000-2000 mL).
8. The result is not what I was expecting because I am consuming less calories and less amount of serving in four categories (vegetables, fruits, milk, meat and beans) than I had expected.
9. Based on my experience, I think that dieticians require people to keep a two-week food diary because some days, you might not be eating what you usually eat. For instance, on the last day of the experiment, I went to eat hotpot with my friends, and it is not something that I would usually eat. Also, the types of foods you choose might be different, like if you want to try Italian food on one day, and try Mexican food on another day, so recording informations over longer period of time allows you to have

a clearer picture of what you normally eat. An advantage of keeping a two-week food diary is obtaining more accurate data of what you regularly eat, and you can analyze and reflect how your diet affect you better. A disadvantage would be that, like me, you might not like recording of all the foods you eat for two weeks because it might not be something that you usually do, so you would leave out some food that you find as a hassle to record, like a piece of candy. As a result, your data would be inaccurate.

Conclusion:

1. After doing this project, I learned that I should be consuming more milk, vegetables, fruits, and meats and beans. I am losing a lot of the nutrients that I need to sustain a long and healthy life when I do not eat the correct serving amount. I also learned how to calculate BMI, BMR, and the amount of calories from carbohydrates, fats, and proteins that I eat each day. From now on, I will be more aware of what I am eating, and eat more of the healthy foods and less of the sugary, unhealthy foods.
2. A question that I have been thinking since the beginning of this experiment is how did people come up with the calculation method to find BMI and BMR. Like how did they find a suitable method to recommend diet to people based on their weight, height, and activity level? Also, if a person is having health problem, such as diabetes, how do the dieticians know what portion of each food category and the calories they should consume daily? Another question is that how do scientists calculate how much calories and nutrients each food have? To gain a better understanding, I should research online articles and read books about diet, how does it affect our body, and how does our body uses the nutrients we consume.
3. From what I have learned from this project, I can apply it to my everyday life. For instance, I have been consuming more vegetables and fruits daily, and I have been eating less sugary food. By applying the things I have learned, I could, hopefully, live a longer life, and still be active even in my 60's and

70's.